

fitrevolution

CYCLING • BOOT CAMP • PREMIER FITNESS STUDIO

***** PLEASE JOIN US - SWEAT FOR SWF *****

Fit-Rev is proudly hosting our first annual fundraiser for the Falmouth Road Race/Sturge Weber Foundation Team.

Come help us do what we do best:

Work hard, sweat hard, and have some fun

while supporting our amazing members. An astounding 16 members of this year's SWF team are Reading or North Reading residents!



- The Time:** Friday, May 8. 6:30 - 8:00 pm
- The Place:** Fit Revolution, 23 Concord Street, North Reading
- The Workout:** A 25:25:25 Sampler
*25 minutes of spin
*25 minutes on the turf
*25 minutes of Tabata
- The Sign-Up:** Visit www.fit-rev.com. Click on **EVENTS**.
Choose "Sweat for SWF" - Class cost is \$30.
All proceeds from this event will go to SWF.
- The Reward:** Start your weekend feeling amazing! - And then enjoy some drinks, light appetizers, and undying appreciation from this very special team, after your sweat sesh.

This event is appropriate for all ability levels! It is for anyone who wants to support a great cause.

To learn more about Sturge Weber Syndrome, which affects Ryan, the son of two of Fit-Rev's longest and dearest members, Pam and Dan McIntyre, please visit:

<http://childrenshospitalblog.org/living-with-sturge-weber-syndrome-ryans-story/>